

Daily Habit Journal

A Road to Gratitude

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Thank you for reading this work.

The Key Is: Gratitude

Do you often find yourself feeling low, sad, and depressed? Do you often find yourself worrying and ruminating? Do you often find yourself coveting what other people have and experience? Do you wish your life was better and more enjoyable? Do you dislike the life you are living day in and day out? Are you currently struggling? Can you recall the last time your soul and days were consistently filled with joy and heart-filled laughter? Do you wake up feeling grateful for another day to be alive? Does it take a lot of willpower and energy to get out of bed each day? Do you feel like everyone else is doing better than you? Do you feel like you have had to put your dreams on hold? Do you feel like your life has surmounted to nothing to be proud of?

We often forget to be grateful for the things that are present in our lives, both large and small; this

often leads to a more challenging and pessimistic life.

Each day there is something, someplace, or someone to be grateful for. Gratitude is powerful. Gratitude opens doors of opportunities. Gratitude changes perspectives. Gratitude brings peace. Gratitude heals and changes hearts, souls, minds, bodies, and spirits.

Consistently integrating gratitude into your life breeds positivity, favor, blessings, and optimism. If the habit of gratitude is not present in your life today, then get started right here, right now.

What are 50 things you are grateful for? Can you name 50? Are you able to complete the exercise? If so, how long did it take you to write 50 things down? Did you happen to write more than 50 things down?

Daily Gratitude Journal

Each day, write 10 (or more) things, people, places, memories, thoughts, experiences, etc. that you are grateful for.

Get creative as you move along throughout the year within this daily gratitude journal.

Challenge yourself to name at least one new something that you are grateful for each day. You will most likely surprise yourself by what you write down as the days and months go by.

Take note and maintain a keen sense of self-awareness throughout the year because *you will change for the better after completing this book*, as long as you maintain the consistent habit of acknowledging your gratitude and realizing all of the beautiful and creative ways you can demonstrate your gratefulness.

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New Beginnings

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Revamp Your Goals

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Celebrate Yourself

July

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Focus Your Energy

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August 15

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August 16

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August 17

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August 18

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August 19

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August 20

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August 21

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August 22

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August 23

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August 24

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August 25

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August 26

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August 27

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August 28

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August 29

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August 30

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August 31

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Reset Your Soul

September

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September 2

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September 3

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September 4

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September 5

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September 6

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September 7

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September 10

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September 14

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September 15

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September 16

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September 17

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September 19

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September 22

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September 23

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September 25

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September 26

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September 27

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September 28

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September 29

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September 30

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Be Fearless

October

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October 2

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October 3

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October 4

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October 5

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October 15

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October 16

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October 17

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October 18

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October 21

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October 22

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October 23

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October 26

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October 27

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October 28

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October 29

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October 30

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October 31

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Give Constantly

November

November 1

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November 2

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November 3

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November 4

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November 5

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November 7

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November 8

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November 9

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November 10

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November 11

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November 12

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November 13

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November 14

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November 15

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November 16

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November 17

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November 22

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November 26

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November 27

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November 28

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November 29

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November 30

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Embrace Joy

December

December 1

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December 2

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December 3

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December 4

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December 5

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December 6

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December 7

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December 8

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December 11

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December 12

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December 13

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December 14

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December 15

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December 16

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December 17

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December 18

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December 19

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- 10. _____

December 20

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 21

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 22

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 23

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 24

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 25

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 26

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 27

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 28

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 29

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 30

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____

December 31

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____